

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	1500	500	1000	2500
Health status	0.5	0.5	0	1
Smoking status	0.2	0.4	0	1
Alcohol consumption	0.1	0.3	0	1
Exercise frequency	0.3	0.5	0	1
Stress level	0.4	0.6	0	1
Depression score	0.2	0.4	0	1
Life satisfaction	0.6	0.5	0	1
Overall health	0.5	0.5	0	1

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